



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES

MARCH 2023



UWF Mission Statement

United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship, and education so that they can inspire, influence, and impact local and global communities.

Consume

Other than maybe January 1st of a new year, I am not sure that we ever think as much about what we consume as we do at the beginning of Lent. We start to examine our habits and narrow in on something that we believe that we can abstain from for 40 days and end up a better person for it.

It is a challenge we take on with the best of intentions: walking with the Savior through the wilderness. A resolution, but with Jesus as an accountability partner. A quick audit of my life reveals many things I could stand to get a better handle on. I definitely consume more coffee than I should on any given day, I never drink enough water, and this time of year right after Valentine’s Day when the stores are full of those amazing marshmallow eggs and hollow bunnies the struggle is REAL...

It’s a long list, to be honest! But is my low-key caffeine addiction truly the biggest obstacle to my best life? What about chocolate? Is dairy keeping me from a closer walk with God?

Or is it just a lot easier to face what it is that we consume than what it is that *consumes us*.

It is surely difficult to change what we eat and drink; harder still to address why we do the things that deplete us – the habits and behaviors that use us up and wipe us out.

But what about those things that exhaust our soul that are impossible to change? Most of us can’t make a 40-day change to our job, our children or our relationships without life altering consequences. What about the relentless emotional expense of simply being human in a world that seems to expect so much more?



Maybe you haven't even figured out what to give up and you already feel like you are in the wilderness. And even though it is only the beginning of Lent, you may feel like you have been here for ages.

In [2 Corinthians 4:8-9](#) Paul says this: We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

It may feel like the world is trying to break us but take heart: It tried to break Jesus, too.

The world tempts you to believe that there is an easier way to do all of this, and that everyone else has it all figured out. To be so consumed with jealousy and shame that you will consume anything to help you hold it together on the surface.

Maybe this year, *that* is something we could consider giving up. Instead of being consumed by the cost of constant perfection, let the cracks show for a season; let the light of God shine through what you were certain was a great flaw in your life. Refill what the world has consumed with confident hope in Christ Jesus.

You were molded by the hands of the potter into the exact jar of clay that you are for that very purpose.

In these numbered days you are meant to be the vessel, not the ashes. Choose to consume, and to be consumed by, Love.

~Devotion by Sharon Rosenfeld



New District Website!

Now that we have a new District and Name, we have a new website also. The website address is www.Novauwfaith.org. Frances Ellis, Secretary for the VA Conference United Women in Faith, has graciously put it together and has done a great job!

Check it out for information about our UWF District, including the training video from our January training session. Copies of the forms used regularly are available on the website for downloading and printing. These include treasurer forms, Reading Program forms, and Living Into our Purpose forms. Current and back copies of NoVa Notes are available on the website. There is information about Mission Encounter 2023 and links to other informational resources. Check it out and see what's available. If you know something you would like to have included on the website, please let me know.



Check it out! UWF *The Link* Virginia state UWF newsletter:

<file:///C:/Users/CPrattPhoto/Pictures/A%20-PICTURES/UWF%202023/UWF-VA%202023%20February.pdf>

❖ from *The Link*: All units should be operating as United Women in Faith by March 31, 2023.



❖ from *The Link*: Secretary of Program Resources— Cheryl Johnson -I am excited about being your new VA Conference Secretary of Program Resources, and look forward with you to another amazing year. **The Lending Library is up and running.** We no longer sell the books at meeting, a little hard on Zoom but until we all gather again -- The Good News, if we do not have the book and your local library doesn't have your choice, we will be able to order it for you. Keep in mind the budget like everything else isn't huge. When you send your request for books, I will have them mailed within 5 days. You may keep them for 6 weeks and return to me. REMEMBER to mark the package with MEDIA MAIL. In a separate envelope, you should send money for the postage of the package I sent to you and another request form if you'd like more books. I'll email you or call if you prefer, when I send them or if there is a problem with your request. Cheryl Johnson Secretary of Program Resources cherylljohnson1002@gmail.com 85 Meadow Lane Rockbridge Baths, VA 24473.

❖ vaumw.com and vauwf.org (this is currently a redirect to vaumw.com)

❖ [The national branding guidelines and logos are currently the 2nd link on the downloads page \(https://www.umwmissionresources.org/content.asp?tid=1387\)](https://www.umwmissionresources.org/content.asp?tid=1387)

❖ **response magazine** One-year subscription=\$24; two-year subscription=\$45. To subscribe, go to www.uwfaith.org/resources/response-magazine or call 877-881-2385 for mailed or digital version.

Board of Church and Society would like to know what churches have green teams:

Request that the Social Action rep send out a request to your UWF units for a reply if they have a **green team**. Only need church name and city located. For those Districts that do not have a Social Action rep could you please assign someone to gather data? Please send any response directly to Suzanne Shrader suzanneshrader@aol.com .

Jeanette Yoh
UWF Legislative Coordinator
Virginia Conference

NOVA UWF Event News Follow-Up!!

February 11 Strategic Personal Safety Program

Hosted by Sydenstricker UMC with Officer Tony Capizzi, West Springfield Police Department, presented a 1.5-hour program on what we should be aware of and do as we manage our daily lives. They had a good turnout for this program on personal safety. There were 41 in attendance but the best news is they had ladies from 5 churches: Burke UMC, Silver brook UMC, St. John's UMC, St. Stephen's UMC and Sydenstricker UMC (20)!

~Myrna



Aldersgate UMM & UWF Present

There's No Place Like HOME, Embracing & Saving the Earth in a Time of Crisis

Dinner & Discussion with Guest Speaker Gary Gardner

Tuesday, **March 14th** | 6:30pm Aldersgate UMC Wesley Hall | 1301 Collingwood Rd, Alexandria

Ticket Cost: \$10/person or \$20/family

Author Gary Gardner will be our guest speaker for the evening. *flyer attached*

Visit aldergate.net/featured-

<https://onrealm.org/Aldersgate/PublicRegistrations/Event?linkString=NTRIYmYzNGItMjcZS00ODM3LThkMGItYWZhOTAxMDQwYzNi>



Join Faith Talks Podcast LIVE on Commemorating Women's History Month March 2, 2 pm.

March is Women's History Month! Faith Talks kicks off the celebration **March 2, 2 pm** ET honoring the invaluable impact of "Sandwiched Caregivers" and the history they make every day in their workplace and in their communities while juggling responsibilities for children, youth, and aging parents.

United Women in Faith-related National Mission Institutions around the nation provide needed help support to many of these women. One of our guests will be **Cathy Capo Stone, Executive Director, Cornerstone Family Ministries in Tampa, Florida.**

Register : https://us06web.zoom.us/webinar/register/WN_wx3g4X4vS5aHvBU5KOKyOw

UWF Updated Purpose

We are a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ;
to develop a creative, supportive fellowship; and
to expand concepts of mission through participation in the global ministries of the church.



United
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**St. John's Unite Women in Faith is hosting a
Women's Prayer Breakfast on March 4, 9-11 AM.**

Call to Racial Justice –

Because we believe... that racism is a rejection of the teachings of Jesus Christ

Rev. Kameron Wilds will speak to experiences and witness of racial injustice in the community that is served by Rising Hope Mission Church.

Attendance is free, but RSVP is required by March 1 to Brenda Romenius at brendaromenius@yahoo.com or 703-336-2831. Financial donations will support UWF resources for mission. We will accept Diapers, Baby Formula, Baby Wipes, Shampoo, and Deodorant for Rising Hope mission church.

Please see flyer attached



United
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in Faith

"With a Faith like Lydia's"

Spring Women's Retreat

Saturday, March 18, 2023 8:30AM-2:00PM

<https://bit.ly/womensspringretreat2023>

Spiritual Leader: Rev Alyssa Densham, Associate Pastor of Food Access and Food Justice at Rising Hope Mission UMC, Alexandria, VA. See Bio here: <https://1drv.ms/b/s!AukJu5-tSNJymyrHsdwkaSFEC8-?e=zRGorB>

Scripture: Acts 16: 14b "The Lord opened her heart to listen eagerly to what was said by Paul" NRSVUE
In person only at Herndon UMC, Doe Hall; 701 Bennett Street, Herndon, VA 20170

Cost: \$30 per person which includes lunch

Registration required: Now open! Closes Sunday, March 12 <https://bit.ly/womensspringretreat2023>

Free Child Care: Register each child with name and age and form will be sent to you for additional information such as food allergies, etc. Each child must bring his/her bag lunch.

Mission: Optional Financial donations will be collected for "**Women Giving Back**" a mission located at 20 Export Drive, Sterling, VA to assist women and children in crisis by distributing clothing at no cost. <https://womengivingback.org/> Check their wonderful, informative website for additional information. Donations may be made at time of registration or later. I hope to see you there!



March 23, 2023 Day of Giving <https://uwfaith.org/dayofgiving/> Raising funds for The Legacy Endowment Fund

Why March 23? Because on that date in 1869 a group of eight intrepid women founded the **Woman's Foreign Missionary Society**, an organization that was the forerunner of United Women in Faith. To fulfill their vision of creating educational opportunities and providing health care to women in India, these founding women asked others to contribute "their prayers and two pennies." In this way a movement of faith and generosity in action was born.

Legacy Endowment Fund of United Women in Faith is a permanent endowment that supports the work of the organization on behalf of women, children, and youth around the world. The goal of The Legacy Endowment Fund Campaign is \$60 million. Thousands of generous donors have contributed to date, bringing the campaign close to half of this goal.

Ways to Give:

- **Online**
- **By phone:** 800-278-7771 (8 am – 5 pm EST, Mon- Fri)
- **Text:** "ACTION" to 20503
- **By check to:**
United Women in Faith
Attn: Legacy,
475 Riverside Drive, Ste 1500
New York, NY 10115
Write "Day of Giving" in the memo section

For more information about The Legacy Endowment Fund visit: [Legacy Fund | United Women in Faith](https://uwfaith.org/give/legacy-fund/), <https://uwfaith.org/give/legacy-fund/>, call 1-800-278-7771, or e-mail legacy150@uwfaith.org



Day of Giving at a glance: The theme is: **The Future is Now** - Day of Giving gifts will be **matched** with a \$100,000 gift from Scranton Women's Leadership Center in Seoul, Korea., For more information: uwfaith.org/dayofgiving/, Tune in on March 23rd for the Day of Giving *Facebook* Event



Conserving water and assuring its safety and availability are issues of *Creation Justice*.

Join the [Biggest Hour for Earth](https://www.earthhour.org/), <https://www.earthhour.org/> **March 25**. Switch off your lights and **spend 60 minutes to do something positive** for the planet. Join people in 190 countries in raising awareness and making a difference. Invite family, friends, your Sunday school class, or congregation to participate too.

Switch off and give an hour for Earth. *It's that simple.*

More and more products are available, for example, [shampoo](#), [laundry detergent](#): More and more products are available, for example, [shampoo](#), [laundry detergent](#), [food wraps](#), [hand soap](#), [toilet paper](#), and [phone cases](#). Companies like these are looking out for the earth, not just for their bottom line. Many of them also donate a portion of their revenue to other causes that support the environment. **Align your purchases with your values.** World Water Day on March 22 points to a creation justice issue: Across the globe, according to the United Nations, 2.2 billion people are without access to safe water. Help make clean water a reality. Learn about and support any of these [15 nonprofits](https://www.classy.org/blog/5-nonprofits-make-clean-water-global-reality/)- <https://www.classy.org/blog/5-nonprofits-make-clean-water-global-reality/>

Selections of March tips:

The greatest consumer of water (about 40%) in your house is your toilet. Older models use about 5.5 gallons per flush. **Switch to a new toilet** that uses only 1.6 gallons.

Fill your dishwasher full and **don't "pre-wash" with running water**. A good scraping—preferably into a compost bucket—or just a splash of water is plenty. Or soak the worst in a sink or bowl to conserve water.

If you brush your teeth with the water running, the cost to the earth's water supply is six gallons.

Brush your teeth with the water off (except to rinse) costs only 0.25–0.5 gallons. Similarly, lather your hands first and then do just a quick rinse to save water.

Credit: United Methodist Creation Justice Tips. ~ Suzanne Dorick





Just Energy for All webinar *Plugging Into Solar Equity*. The draft zoom slides and recordings are now available for viewing or downloading. You can find the Zoom recording, slides, and resources shared during the session in this folder:

https://drive.google.com/drive/folders/163Jhf9zjPbmrP671kcpGDiAP5-xo2jUk?usp=share_link

Please feel free to share these slides with proper credit for use in your own contexts. A finalized version of the recording and slides will be posted on United Women in Faith's website once it becomes available.

Immediate Action Steps:

1. Join the **Healthy Air Postcard Campaign** and tell your governors to support climate legislation and funding. We will be updating the postcard soon. For now, the postcards for governors are still relevant. You can find the postcards and instructions [here](https://docs.google.com/document/d/1TjmFdKJo59IQABDWXWKmPvtECzXT0lQJ69x8IHlR3IE/edit). (<https://docs.google.com/document/d/1TjmFdKJo59IQABDWXWKmPvtECzXT0lQJ69x8IHlR3IE/edit>)
2. Contact Congress to support the US Climate Fair Share: Emission Reductions, Climate Finance & Loss and Damage [here](https://p2a.co/aZF0v2j). (<https://p2a.co/aZF0v2j>)

Here are some other next steps to get more involved in advancing just energy for all with United Women in Faith:

1. **Next Just Energy for All webinar: April 19, 3 – 4:30 p.m. ET**
 2. **Next Just Energy for All Working Group: Wed March 8, 3–4:30 p.m. ET** Register [here](https://uwfaith-org.zoom.us/meeting/register/tZcpdOyrgDspHtODXgtXbXnQxMtg1XaruNlr). (<https://uwfaith-org.zoom.us/meeting/register/tZcpdOyrgDspHtODXgtXbXnQxMtg1XaruNlr>)
 3. EPA has a moral opportunity to protect public health by strengthening the national ambient air quality standard for soot. Be on the lookout for information to add public comment.
 4. Dodie's New Mexico Lenten Calendar to use and share with your friends. https://drive.google.com/file/d/1dCJQ4py_-OocfdQtiWsf8qrucftK3uMU/view?usp=share_link
 5. **Pray!** We are looking for volunteers to offer prayers for our next few Just Energy for All sessions. Email climatejustice@uwfaith.org if interested.
 6. Sign up for **climate justice updates** from United Women in Faith [here](https://uwfaith.org).
- Please reach out to climatejustice@uwfaith.org if you have any questions!

Kisha Nicolas, Just Energy for All Coordination Consultant, Office of Economic and Environmental Justice



Reminder for NoVA Notes, our Bi-District newsletter for the Alexandria and Arlington Districts! We will distribute this UWF NoVA notes newsletter monthly to keep you informed of what's happening with the United Women in Faith in our area. In this newsletter, you can watch for news about upcoming events both in the districts and the Virginia Conference. We would love to hear from you! Let us know (Who, What, How & When of event is helpful for all) the information your unit has planned for the 2023 newsletters by the 20th of the month. We need the events information to invite others! Share and invite other UWF members & you can send your stories, photos (jpg. helpful) and news to our new e-mail address: UMWNoVaNotes@gmail.com.

Thank you! Carol Pratt, NoVA Notes



Northern Virginia United Women in Faith
2023 UNIT EVENTS & GOOD IDEAS

~emailed out by Vikki Beaty

Aldersgate UWF (UMC 1301 Collingwood Road, Alexandria, VA 22308 703-765-6555)

March 14, 2023 dinner & speaker, Gary Gardner, “There is No Place Like Home”

(Social Justice) 6:30~8:30PM; \$10/single; \$20/family

Friendship UWF (UMC 3527 Gallows Rd, Falls Church, VA 22042 703-560-5454)

Ladies’ tea as a fundraiser, we had a wonderful attendance of 37. This brought in potential new members and was great fun. We started out with ice breakers on every table. Just 5 questions but people liked them and learned something about each other. In addition to tea(!), they had a few games for ladies to work in groups. Most of the games were questions on paper. We gave out small prizes like notecards and tea towels. The church hall looked beautiful with flowers on each table and real China. It’s the second tea we have had and was a big success before and after Covid

- personally invite ladies we see at church to our monthly meetings and events/parties
- send reminder email a few days before our gatherings and upcoming events, plus once a month
- good news: 5 new ladies at our November meeting and 25 at our Christmas party.

We see more ladies getting involved. Excited to see some great new ideas we can incorporate.

Sterling UWF (UMC 304 E Church Rd, Sterling, VA 20164 703-430-6455)

Feb. 22 9am-12pm Ash Wednesday ready to go; Prior to 7pm service, Sterling UWF is serving soup & salad supper **March 19** 11am Sunday Brunch and Soups to go (fund raiser to support unit mission projects) The UMF is hosting a brunch Sunday, March 19 following our 10:00 am service. This fundraiser will support our mission projects including support for international children. Also, at our brunch, we will have soups for sale that are jarred and ready to take home.

- May 7 Sunday English Tea, complete with finger sandwiches, scones, and other delectables
- June 4 guest speaker Suzi Weinhert, author of the Garage Sale Mystery series

Woodlawn-Faith UWF - (UMC 7010 Harrison Ln, Alexandria, VA 22306 703-360-9450)

- monthly planning discussion to select a game to precede monthly gathering (This keeps everyone on one accord) Our monthly meeting and guess what, it’s still is on Zoom. We start at 7:00 and ends at 8:00; the only time we go over our time is if there’s a need to address activities; when we do meet, here is our lineup: Welcome, UMF Mission statement read, Prayer, Scripture, small bible study (different people lead this, even our younger ☺ ones), Christian joke time, UWF information, a. Mission, b. Pledging (mentioned in every meeting for the new comers), c. UWF news Global/Local, and d. upcoming activities; 2 ladies share a testimony or words of encouragement; one song; close-out gathering in prayer
- Guest speaker (Jan ’24) spoke for ten minutes: “Who are we In the United Women in Faith? How can we lead and pour out to others?” AWSOME!!! This was my way to start the new year off.

(Cont.)

- We will continue to have our meeting on Zoom; more attendance than in-person; women who live out-of-state participate with us. The highest attendance so far was 43, lowest 22; We only meet in-person for hands on Activities.
- President calls every member once a month to just say hello, etc.
- President emails prayer requests, church announcement and birthday greeting for everyone with their picture and any special occasions or events they are having; include everyone in doing something on their level;
- President sends out everything we do mission kits, any mission work
- President shares with Members pictures or letters sent to her
- President gives out small little thank you and appreciate gifts.
- retreat on river cruise, *Spirit of Washington*, with guest speaker Our First Lady
- We go bowling
- Rented out the movie theater for special movies, and yes, we still have a small part at the movies talking mission what's next lol - members laugh at me when I stand up since they know what time it is

Our 2022 service was online, Oh my gosh!!!! Was a huge success!!! We had 60 people!

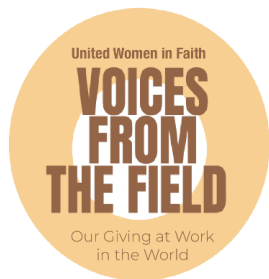
This was for men, children and women. I'm telling you they cooked up a spread. Marie Ward was our guess speaker. We had a contest on best presentation; this event admission was \$5 per person went to Our mission. Many families got together and made this family time. They had decorations on the walls!

Awesome.

- Rainbow Tea -another Mission Project; huge success! You picked a color and your team. Everything on your table has to be your color. Then when guest arrives, they put any amount of donation on each table, then they sample the food, the winner with most donation Wins.! All \$\$ goes to Mission.
- We volunteer at School, Food Banks,
- We do our pledging quarterly.

Revised 2/13/2023

- I feel the lady's frustration as I was listening to them online. Trust me it's really hard trying to keep the women motivated. I tell you I do feel drained sometimes. Yes, I do have a few that work against me, and 3 is enough! But, throw in the towel(?)



Voices From the Field

“Love, Justice, Service: The Order of Deaconess and Home Missioner” Tuesday,

March 7, 2023,

at 7:30 p.m. Eastern Time

(6:30 p.m. Central)

Virtual via **Zoom**

ORGANIZER: DAVID PRICE, JESSICA TULLOCH, EMAIL jtulloch@uwfaith.org

Deaconesses:

- MONICA BARTLEY, Community Outreach Coordinator for the Center for Independence of the Disabled in New York
- TRACEY OWENS, Director of Activities at Brooks-Howell Home in Asheville, N.C.
- JOY PRIM, United Methodist Missionary serving as a welfare case officer with migrant workers in Hong Kong and convener of International Coalition for Human Rights in the Philippines-Hong Kong

This program will introduce individuals who are a part of the Office and Order of Deaconess and Home Missioner. Bear witness to their callings to faithfully serve organizations that are transforming lives and communities, and learn why our support as United Women in Faith is vital.

An optional breakout session will follow the one-hour program.

-This looks amazing, environmentally and Justice-4- All! To me, in an out-of-place humorous way, an actual real image reminds me of the cartoon “UP” with the main character’s home completely surrounded by construction & deforestation. Not a humorous situation, to say the least! Want to plan a group road trip to Richmond, VA anyone?

Film Screening: Mossville: When Great Trees Fall

REGISTER Now: <https://vaipl.ourpowerbase.net/civicrm/event/register?id=205&reset=1>

Join VA IPL for a special screening of Mossville: When Great Trees Fall, a story of a once-thriving community burdened by unjust pollution.

SATURDAY, MARCH 18, 2023, 3:00 PM-4:30 PM

First Unitarian Universalist Church (1000 Blanton Ave, Richmond, VA 23221) As a centuries-old black community, contaminated and uprooted by petrochemical plants comes to terms with the loss of its ancestral home, one man standing in the way of a plant's expansion refuses to give up.

Faith Harris, Co-Director of Virginia Interfaith Power & Light, will moderate the post-film

Question and Answer session.

****Watch Trailer <https://rvaeff.org/mossville-when-great-trees-fall-trailer>**

When: March 18, 2023 from 3:00 PM to 4:30 PM, Location : 1000 Blanton Ave, Richmond, VA 23221

COMING TO UWF IN APRIL, 2023!

Please send April UWF events to Nova UWF Notes inviting others to attend and join.

Easter April 9, 2023

*In this season of rebirth, may you feel your
faith renewed and your heart made new
with the hope Easter brings.*



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